



## CRANBERRY APPLE JUICE, UNSWEETENED, CANNED

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Code: A279

### PRODUCT DESCRIPTION

- Canned unsweetened cranberry apple juice is 100% fruit juice with no added sugar or sweeteners.
- Cranberry apple juice has added vitamin C.

### PACK/YIELD

- Each can contains about 46 fluid ounces, which is about 11 servings ( $\frac{1}{2}$  cup each).

### STORAGE

- Store unopened cans in a cool, clean, dry place.
- Store remaining juice in a tightly covered container not made from metal and refrigerate.
- Look at the "Best if used by" or "Best by" date on the can.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:  
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

### USES AND TIPS

- Cranberry apple juice is a delicious beverage served chilled.
- Mix cranberry apple juice with ice, chopped fruit, and seltzer to make a fruit beverage.
- Freeze juice in ice cube trays with toothpicks for a quick and easy popsicle treat.

### NUTRITION INFORMATION

- $\frac{1}{2}$  cup of cranberry apple juice counts as  $\frac{1}{2}$  cup in the MyPyramid.gov Fruit Group. For a 2000-calorie diet, the daily recommendation is about 2 cups of fruit.
- $\frac{1}{2}$  cup of cranberry apple juice provides 50% of daily vitamin C.

### FOOD SAFETY INFORMATION

- If the can is leaking or the ends are bulging, **throw it away**.
- If the canned food has a bad odor or liquid spurts out when the can is opened, **throw it away**.

### OTHER RESOURCES

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.commodityfoods.usda.gov](http://www.commodityfoods.usda.gov)

### NUTRITION FACTS

Serving size:  $\frac{1}{2}$  cup (115g) cranberry apple juice, unsweetened

#### Amount Per Serving

<b>Calories</b>	60	<b>Calories from Fat</b>	0
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#### % Daily Value\*

<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 15g	
<b>Protein</b> 0g	
Vitamin A 0%	Vitamin C 50%
Calcium 0%	Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet.

## CRANBERRY APPLE BEVERAGE

**MAKES ABOUT 2 SERVINGS**

### Ingredients

- 1 ½ cups cranberry apple juice
- ½ cup orange juice
- ½ cup seltzer

### Directions

1. Combine ¾ cup cranberry apple juice and ¼ cup orange juice in 2 tall glasses.
2. Pour ¼ cup seltzer into each glass, then fill with ice cubes or crushed ice.

Nutrition Information for 1 serving (10 oz) of Cranberry Apple Beverage					
<b>Calories</b>	130	<b>Cholesterol</b>	0 mg	<b>Sugar</b>	17 g
<b>Calories from Fat</b>	0	<b>Sodium</b>	10 mg	<b>Protein</b>	0 g
<b>Total Fat</b>	0 g	<b>Total Carbohydrate</b>	31 g	<b>Vitamin A</b>	4 RAE
<b>Saturated Fat</b>	0 g	<b>Dietary Fiber</b>	0 g	<b>Vitamin C</b>	68 mg
				<b>Calcium</b>	18 mg
				<b>Iron</b>	1 mg

*Recipe adapted from Oceanspray.com.*

## CRAN-APPLE AND FRUIT BREAKFAST SMOOTHIE

**MAKES ABOUT 2 SERVINGS**

### Ingredients

- 1 cup cranberry apple juice
- 1 cup plain or vanilla low-fat yogurt
- 1 cup canned mixed fruit, drained

### Directions

1. Combine all ingredients in blender.
2. Blend until combined and smooth.

### TIPS

Try frozen mixed berries, canned pears, or canned peaches instead of canned mixed fruit.

Nutrition Information for 1 serving of Cran-Apple and Fruit Breakfast Smoothie					
<b>Calories</b>	217	<b>Cholesterol</b>	7 mg	<b>Sugar</b>	40 g
<b>Calories from Fat</b>	20	<b>Sodium</b>	95 mg	<b>Protein</b>	7 g
<b>Total Fat</b>	2 g	<b>Total Carbohydrate</b>	44 g	<b>Vitamin A</b>	29 RAE
<b>Saturated Fat</b>	1.3 g	<b>Dietary Fiber</b>	1.5 g	<b>Vitamin C</b>	52 mg
				<b>Calcium</b>	234 mg
				<b>Iron</b>	0.5 mg

*Recipe adapted from Motts.com.*